

HPE Activities and Assessments Task Force

Middle School Physical Education

LESSON INFORMATION:

Lesson Title: Racquet Sports

Objective: Student will demonstrate basic racquet skills in a recreational setting.

Grade Level: 6,7,8

Grade-Level Expectations:

HM2A8: Analyze selected skills and correct errors to improve skill technique.

HM2B8: Demonstrate an increased level of competence in skill techniques, scoring, and safety practices in a variety of individual, dual and team sports. Analyze play of their opponent apply defensive and offensive techniques.

HM2C8: Demonstrate an increased level of competence in a variety of outdoor pursuits and/or recreational activities.

HM2D8: Apply skill techniques, scoring, and safety practices in a modified activity setting.

PA2A8: Demonstrate the ability to solve problems by analyzing causes and potential solutions in a physical activity setting (e.g., checklist of conflict resolution skills)

HM1D6: Apply mechanical principles of force, stability, motion, and direction (e.g., lower the center of gravity)

HM1E7: Apply critical elements of movement to various activities (e.g., transfer of learning, swing, throwing, strike, biomechanics).

Content Standards: HPE2, HPE4

Process Standards: 1.10, 2.2, 3.3, 3.4, 3.6, 3.7, 4.4, 4.6, 4.7

Time needed to Teach this Lesson/Unit: 8 days at 50 minutes a day.

LEARNING TARGETS:

1. The identified activities will demonstrate student's badminton abilities including serve, skill work, and team play. (DOK 1)
2. Students will demonstrate good sportsmanship, including personal and social responsibility. (DOK 1)
3. Demonstrate offensive and defensive strategies specific to Badminton. (DOK 2)
4. Analyze and detect errors and proper skill mechanics of basic badminton skills and be able to demonstrate correct skill mechanics. (DOK 3)
5. Demonstrate an active lifestyle through participation in badminton activities. (DOK 1)

LESSON DESIGN:**A) Grips**

- 1) Forehand grip (palm up)
- 2) Backhand Grip (palm down)
- 3) Alternating the Grips

Activity

In partners play a game of "keep-up" (Practice Style). Can use a points system and make rules (e.g., each partner uses a different grip, or one partner must copy the grip of the other partner on each shot).

B) Ready Positions

- 1) Provide a demo of the basic ready position: get the students performing the ready position using command style or practice style setting
- 2) Demonstrate the attack stance: get the students performing the attack stance using command style or practice style setting

Activity

Students must jog back and forth (with racquet in hand) between two lines. On teacher's command, students must run to approximately midway between the two lines and depending on the command, perform either a basic ready position or an attack stance. Teacher can turn this into a friendly competition or just keep it fun (but still giving feedback to students, and highlighting "great" stances of students in the class).

C) Serves

- 1) demonstrate long/high serve technique: students find a place on a wall and practice technique of serve (Practice Style). May use reciprocal teaching/cue cards for this task
- 2) Divide class into partners, two pairs per court. Practice long/high serve with partner (Practice Style). Teacher can add criteria that after serve player must assume one of the two ready positions.
- 3) Demonstrate short backhand serve. Can progress through sequence 1-3 using a backhand serve.

Activity

Target game –

- Partners lay a skipping rope in the court approximately 6-12 inches away from each back line (Practice Style)
- Partners take turns serving and are awarded one point for each serve that lands between the skipping rope and the back line (encourages deep serves)
- Ensure that students continue to use proper technique when serving; you can adjust skipping rope as desired to make competition more even

D) Serve Returns

- 1) demonstrate long/high serve returns
- 2) demonstrate short serve returns
- 3) Activity: partner 1 serves long or short, partner 2 returns accordingly

Lead-up games

- 1) Keep-up Game: Partners attempt to keep the shuttle in play over a designated period of time, or for a designated number of shots
- 2) Target-Rally Game: Partners play a regular game, but can only score a point by hitting the shuttle within specific boundaries on the court (e.g. the four corners of the court). Play to a set number of points, or play over a certain period of time

(the partner with the most # of points at the end of a time-period wins)

3) Service Game: Player 1 serves twenty times to player 2 using a variety of serves. Player 2 attempts to successfully return as many of these 20 serves as possible

Singles Badminton Strategies

One simple badminton strategy often used in singles is to serve long and high to your opponent's back court. This will force your opponent to move back to the baseline and open up his forecourt.

Throw in some disguised low serve occasionally and you might just catch your opponent off guard and win a point outright.

It all depends who you are playing with. [If the high serve turns out to be your opponent's favorite and put you under pressure, use the low serve.](#)

Always try to hit the shuttle away from your opponent and make your opponent move around the court. One exception to this rule is that when you encounter a tall opponent, you might want to smash straight to his body to gain an advantage.

Observe your opponent's strength, weakness, favorite shots and pattern of play. Use it to your advantage.

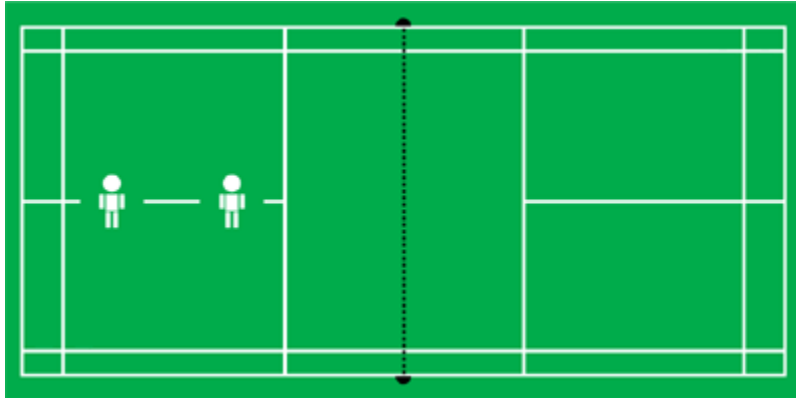
Your aim is to make your opponent play a weak return, such as a weak backhand shot from the back court. If your plan works and forces a mistake or a poor return which you can make a 'kill', use it again. If it is not working then have the courage to make changes. **The key is to be flexible.**

If you are in a difficult situation in the game and your opponent is not, you need to make time for yourself to get back to a favorable position. Do this by hitting the shuttle high towards the back of the court, preferably near the middle of the baseline. Your opponent will find it difficult to catch you out with acute angled returns from there.

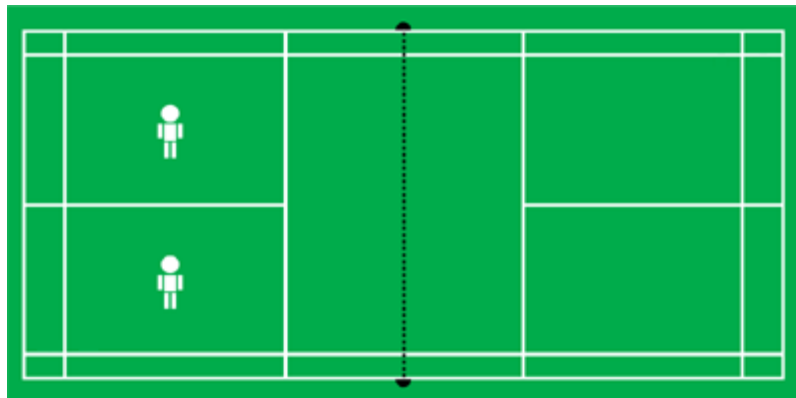
Remember always to get back to your base position in the midcourt area after making each shot. This is a position where you can possibly reach any of your opponent's shots.

Doubles Badminton Strategies

In doubles play, the tactic is to serve low so that the serving side would not be placed in a defensive position. If you are serving low, take position on the front and part of the midcourt area immediately. Your partner shall then cover the back court. This is known as the **Attacking Formation (Front-Back)**.



You and your partner may have to take up a defensive position standing side by side. This is known as the **Defensive Formation (side-side)**.



When you defend, try to hit the shuttle deep into your opponent's court. This is to prevent your opponent in the front position intercepting the shuttle from mid to front court.

When a chance presents itself, push or drive the shuttle to the area in between your opponents. Or make a return to the front court of your opponents, forcing them to lift the shuttle.

In this instance, the player who played that shot will have to take up the front position immediately while the partner takes the back. An attacking formation shall be formed. If you are taking the back position, your aim is to make shots that can create openings for your partner to 'kill' in the front court.

In all types of doubles play, teamwork is the key in forming a formidable partnership. Although an ideal player will be skillful in all areas of the court, most will either show greater flair around the net or be more effective with overhead shots.

You and your partner have to figure out how to make the best out of your skills together. Play to your own strengths and your opponent's weaknesses.

You will find this much easier if you communicate well with each other. Do not leave it to guesswork! Talk to your partner. Is there a leader in the partnership or is it all a matter of shared responsibility? A quick word on court might change the result of a game which is slipping away from you.

Remember...Teamwork is the success formula in doubles!

Badminton is not only a physical demanding game, it is mentally challenging as well. You will come to a stage where skills and fitness alone will not be enough to beat your opponent. Having the right Badminton Tactics in place will give you that extra edge.

Badminton Etiquette

- Introduce yourself to your opponent before you begin a match.
- Bring your own shuttles to the court and make sure they are all in good condition before you begin playing.
- Cooperate with your opponent during the warm-up, so everyone has a chance to hit each type of shot before you begin an actual match.
- Call all faults on your side of the net fairly and objectively. Your opponent should do the same. Respect your opponent's calls.
- When you hit an illegal shot such as slinging the shuttle, touching the net, or any other illegal action, make sure to call it right away.
- Return the shuttle to your opponent with a soft underhand stroke when she scores on your side of the court.

- Avoid talking to or otherwise distracting your opponent while the shuttle is in play.
- Announce the [score](#) before you serve. Announces the server's score first and the receiver's second.
- Maintain a calm temperament on the court at all times, no matter how frustrated you may be.
- Shake hands with your opponent at the end of the match.

Introduction

Before the 2006 Thomas/ Uber Cup, the official scoring format was the 15 points format. The IBF (International Badminton Federation) then tested a new scoring format which is the 21 points rally format in the 2006 Thomas/Uber Cup. **This 21 points rally format has since become the official one replacing the 15 points format.**

15 Points Format

There are a lot of people who still prefer the old format. Here are the basic badminton rules for this format here if you have this preference.

To win a match, you have to win 2 out of 3 games.

To win a game, you have to score 15 points for men and 11 points for women.

If the score becomes 14-all (10-all in women's singles), the side which first scored 14 (10) shall exercise the choice to continue the game to 15 (11) points or to 'set' the game to 17 (13) points.

If you win a rally in which your opposition served, you win back the service rights.

Only the serving side can add a point to its score.

You score a point when your opponent could not return the shuttle or the shuttle he/she returns fall out of bounds.

In singles, you will serve on the right service court when your score is an even number while you will serve on the left service court when your score is an odd number.

In doubles, if you serve and receive first on the right service court during a match, you

will continue to serve there when the score of your side is an even number. Reverse pattern for your partner.

21 points Format

- Currently, this is the official format used by the IBF. Here are the basic badminton rules for this format.
- To win a match, you have to win 2 out of 3 games.
- To win a game, you have to score 21 points.
- If a score becomes 20-20, the side which scores 2 consecutive points shall win that game.
- If the score becomes 29-29, the side that scores the 30th point shall win that game.
- There are no "service over", meaning you can score a point no matter who serves.
- There is one service only for doubles.
- Other rules shall remain the same.

So what is the difference between these two formats you may ask? For one, the old format requires more time to finish a match as there are 'service overs'. The level of fitness and stamina is really important. It is not unusual to see a match last for 2 hours.

The new format however requires less time to finish a match as it is a rally point system. It is now quite common to see matches finished just below an hour. Avoiding making unforced errors is crucial here because every rally counts.

How playing badminton gets your body fit

Playing badminton can have a number of positive [health and fitness benefits](#) on your body. Here are some of its key exercise advantages:

- Improves **aerobic fitness**, with more oxygen circulated around the body to better muscular endurance.

- **Burns off calories** with energy being supplied to the muscles and not forming fat.
- Boosting **flexibility and sprint speed**, due to the fast-paced nature of badminton.
- Improves **hand-eye co-ordination** with concentration required for serving.
- Develops the **strength and power** of muscles, notably leg and arm muscles.
- **Furtheres concentration** and mental strength, with matches often lasting for many hours.
- Boosts a player's [cardiovascular fitness](#) (the heart and lungs organs), allowing more oxygen to be pumped around the body and help energize muscles.

ASSESSMENT: (directions and how to score or evaluate) Scoring Guide
Middle School Badminton Scoring Guide (Teacher Assessment)

Personal and Social Responsibility:

4 Points: Always demonstrates ability to follow the rules of the game, follow safety practices, respect others, respect equipment, and praise and encourage others

3 Points: Almost Always/Usually demonstrates ability to follow the rules of the game, follow safety practices, respect others, and respects equipment.

2 Points: Sometimes demonstrates ability to follow the rules of the game, follow safety practices, and respect others. May, on occasion, cheat, lie, argue, hurt others or misuse equipment

1 Point: Rarely or never demonstrates ability to follow the rules of the game, respect others, or follow safety practices. Often will blatantly cheat, lie, argue, hurt others or misuse equipment

Service:

4 Points: Varies depth/height of serve, is very consistent, and serves puts opponents on the defensive.

3 Points: Has developed a good short serve and aims the serve strategically.

2 Points: Is capable of legally serving from both sides of the court.

1 Point: Legally begins play from one side of the court, has correct stance, holds shuttlecock correctly, and uses underhand swing.

Offensive and Defensive Strategies:

4 Points: Always demonstrates proper choices of strategies, performs strategies properly and can effectively transition from offense to defense

3 Points: Usually demonstrates proper choices of strategies, performs strategies properly and is usually effective in transitioning from offense to defense.

2 Points: Sometimes demonstrates proper choices of strategies, sometimes performs strategies properly and sometimes can transition from offense to defense

1 Point: Rarely or never can demonstrate proper choices of offensive and defensive strategies, and cannot perform strategies properly. Cannot transition from offense to defense

Skill Technique:

4 Points: Can almost or almost always analyze and detect errors in skill technique and demonstrate proper mechanics of selected sport-specific skills. This includes proper body alignment, proper relationship of body to equipment, preparation for skill execution and follow-through as applicable.

3 Points: Can often analyze and detect errors in skill technique and demonstrate proper mechanics of selected sport-specific skills. This includes proper body alignment, proper relationship of body to equipment, preparation of skill execution and follow-through as applicable. Occasionally analysis is incorrect

2 Points: Sometimes can analyze and detect errors in skill technique and demonstrate proper mechanics of sport-specific skills, but often cannot.

1 Point: Attempt is made, but lacks correct analysis of proper skill technique and cannot demonstrate proper mechanics of selected sport-specific skills.

Active Lifestyle:

4 Points: Always participates in class activities with enthusiasm and vigor and is willing to try new things.

3 Points: Usually participates in class activities with enthusiasm and vigor and is usually willing to try new thing.

2 Points: Student participates in class activities, but appears lethargic and disinterested. Student is reluctant to try new things

1 Point: Rarely or never participates in class activities

Scoring:

16 – 20 Points = Excellent: Secure and confident in Badminton.

12– 15 Points = Good: Nearly secure and confident in Badminton.

8-11 Points = Fair: Developing security and confidence in Badminton.

7 or below = Just beginning to develop in Badminton.

DIFFERENTIATED INSTRUCTION:

1) Ladder students are placed randomly on a ladder. Students may challenge someone to a game if that person is no more than 3 spots higher than them on the ladder. Play to 7 points, winner gets higher spot on the ladder and loser gets lower spot (e.g. if #3 is playing #6 and the player in #6 position wins, #3 drops down to #6 and #6 increases positioning to #3).

2) Friendly challenge: Students can challenge anyone in the class. Students are encouraged to modify their games to what is needed to make a

match more even (e.g. stronger player cannot win a point by use of a (“smash”)

3) Game Play: Students are paired together and play matches to a certain number of points or within a certain time-frame. Students are encouraged to modify games to make competition more equal.

Technology and Materials Needed

Badminton Racquets, Nets, Shuttlecocks

Resources: www.badminton-infomation.com, www.naspeinfo.org,
www.pecentral.org, www.pe4life.org, www.ehow.com, www.realbuzz.com

Writer(s) of this Lesson/Unit:

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STUDENT NAME_____ **DATE**_____

BADMINTON UNIT ASSESSMENT

Personal and Social Responsibility: POINTS EARNED_____

4 Points: Always demonstrates ability to follow the rules of the game, follow safety practices, respect others, respect equipment, and praise and encourage others.

3 Points: Almost Always / Usually demonstrates ability to follow the rules of the game, follow safety practices, respect others, and respects equipment.

2 Points: Sometimes demonstrates ability to follow the rules of the game, follow safety practices, and respect others. May, on occasion, display inappropriate behavior or misuse equipment.

1 Point: Rarely or never demonstrates ability to follow the rules of the game, respect others, or follow safety practices. Often will blatantly display inappropriate behavior or misuse equipment.

Service: POINTS EARNED_____

4 Points: Varies depth/height of serve, is very consistent, and serves puts opponents on the defensive.

3 Points: Has developed a good short serve and aims the serve strategically.

2 Points: Is capable of legally serving from both sides of the court.

1 Point: Legally begins play from one side of the court, has correct stance, holds shuttlecock correctly, and uses underhand swing.

Offensive and Defensive Strategies: POINTS EARNED_____

4 Points: Always demonstrates proper choices of strategies, performs strategies properly and can effectively transition from offense to defense.

3 Points: Usually demonstrates proper choices of strategies, performs strategies properly and is usually effective in transitioning from offense to defense.

2 Points: Sometimes demonstrates proper choices of strategies, sometimes performs strategies properly and sometimes can transition from offense to defense.

1 Point: Rarely or never can demonstrate proper choices of offensive and defensive strategies, and cannot perform strategies properly. Cannot transition from offense to defense.

Skill Technique: POINTS EARNED_____

4 Points: Can almost always analyze and detect errors in skill technique and demonstrate proper mechanics of selected sport-specific skills. This includes proper body alignment, proper relationship of body to equipment, preparation for skill execution and follow-through as applicable.

3 Points: Can often analyze and detect errors in skill technique and demonstrate proper mechanics of selected sport-specific skills. This includes proper body alignment, proper relationship of body to equipment, preparation of skill execution and follow-through as applicable. Occasionally analysis is incorrect.

2 Points: Sometimes can analyze and detect errors in skill technique and demonstrate proper mechanics of sport-specific skill.

1 Point: Attempt is made, but lacks correct analysis of proper skill technique and cannot demonstrate proper mechanics of selected sport-specific skills.

Active Lifestyle: POINTS EARNED_____

4 Points: Always participates in class activities with enthusiasm and vigor and is willing to try new things.

3 Points: Usually participates in class activities with enthusiasm and vigor and is usually willing to try new things.

2 Points: Student participates in class activities, but appears lethargic and disinterested. Student is reluctant to try new things.

1 Point: Rarely or never participates in class activities.

TOTAL POINTS EARNED_____ LEVEL_____

Scoring:

16 – 20 Points = Excellent: Secure and confident in Badminton.

12– 15 Points = Good: Nearly secure and confident in Badminton.

8-11 Points = Fair: Developing security and confidence in Badminton.

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